



Vegetable Quesadillas

Enjoy this healthier version of a classic snack.

Makes 4 servings. 1 quesadilla per serving.

Prep time: 10 minutes

Cook time: 15 minutes

Nutrition information per serving

Calories 131, Carbohydrate 20 g, Protein 7 g,
Total Fat 3 g, Saturated Fat 1 g, Cholesterol 3 mg,
Sodium 253 mg, Dietary Fiber 2 g

Ingredients

- nonstick cooking spray
- ½ cup chopped green bell pepper
- ½ cup frozen corn, thawed
- ½ cup sliced green onion
- ½ cup chopped tomato
- 2 tablespoons chopped fresh cilantro
- 4 (6-inch) flour tortillas
- ½ cup shredded reduced fat Cheddar or Monterey Jack cheese

Preparation

1. Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn until softened, about 5 minutes.
2. Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro.
3. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned.

